

YOUR HEALTH

WHAT VARYING YOUR BEAT WILL DO TO KEEP YOU WELL

Monotony is deadly to the nerves. It drives one almost to distraction to have to endure the hum-drum of a perfectly ordered life. To do the same thing, day after day, and year after year, exhausts the nervous energy and leads to depression of mind.

The other day I was in Cincinnati, O., attending a public health exposition. A newspaper reporter came to my room in the hotel to "interview" me. I wish I could feel I did as much for him as he did for me. He had been a sergeant in our army during the war, and his comments on that conflict and his recital of his experiences were most fascinating.

I must not stop to relate all his interesting story, but he told me his attitude for homesickness. That is what I wish to repeat to you.

We were talking about the loneliness of great cities and the rare occasions on which we meet old friends.

"I have a cure for that," he said. "Vary your walk each day. Don't go to and from business over the same beat. Try a new route daily. You meet old friends who are off your regular route. You make new friends and see new sights."

This wise young man is right. Not only is his prescription a cure for homesickness, but it is a tonic for the nervous system. You need and I need new thoughts, new sights, new friends, new experiences. Unless we would crystallize and fossilize, we must have new ideas and match

rheumatism crutch at him and drive him away!"

"Let me speak kindly to him first," said the bunny. "Oh, Mr. Jay!"

"Hay! Hay! Let me speak!" screamed the blue-feathered bird. "Are these the kind of nuts you need?" he asked and from a tree there clattered down hickory nuts, chestnuts and walnuts, hundreds of them.

"Where did you find them?" asked Mr. Bushytail, much surprised.

"In this hollow tree," answered the Jay. "Some friends and I had them there this summer just for fun, to have something to do, as we don't eat nuts. This hollow tree is just packed full and you and Uncle Wigwag may have them all. Hur-ray! Hur-ray!"

"Hur-ray it is!" cried Mr. Bushytail when he had scrambled up the hollow tree and looked inside to find it full of nuts. "You are very kind, Mr. Jay, to give us these nuts. Now the extra squirrels will not go hungry. Everything is all right!"

"Zay! Zay! Zay!" screamed the Jay as he flew away, and then Uncle Wigwag knew he was scolding after all. That was just the bird's way of talking. So the hungry squirrels were fed with the nuts the Jays had stored in the tree for fun, and all was well.

And if the egg turner doesn't bat the popcorn all over the gas stove and make the looking glass laugh, I'll tell you next about Uncle Wigwag and Curley's candy.

Alleged Window Peeper May Face Other Counts

Arrested Sunday night on complaint of several residents of a west side neighborhood, who charge him with peeping in windows of several of the homes B. Noelle, 1822 Wervinski st., was held in custody of the police Monday without arraignment in city court.

Sunday night he was caught by Night Minute-man Roy Pours following a telephone call to headquarters by Sophie Radlecki. Continuing their investigation of Noelle, the police arrested Monday that they are assured Noelle is wanted in connection with petit larceny. It is believed he will face Judge Omacht Tuesday.

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"Goodness. What's that?" asked Mr. Bushytail.

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DEFENDANTS SAY NOT GUILTY; BOOZE TRIALS SCHEDULED

Sunday Raid Net Catches Mike Alby, Proprietor of Magyar Hall Resort.

Resulting from an intensive campaign launched by the police against liquor law violators in the city, nine alleged bootleggers were arraigned before Judge George W. Omacht in city court Monday, following wholesale raids made by police details Saturday and Sunday. Their cases were set for hearing later in the week.

The nine defendants, who were charged with unlawful possession of intoxicating liquor for sale, are: Michael Alby, 316 S. Chapin st.; George Ballou, 916 W. Division st.; and Phillip Cellant, 511 W. South st., proprietors of so-called "soft drink" emporiums, who were arrested Sunday afternoon, and Casmier Hany-zewski, 1035 W. Sample st.; Boyd Cline and Walter Biddle, 224 E. La-salle st.; George Kalusa, 814 Leon ct., and Michael Matyevich, of the same address; Frank Owenhouse, Colfax hotel, and Joseph Niespodziany, 2324 W. Division st. Owenhouse was discovered drinking at the Leon ct. address, operated by Kalusa and Matyevich, and is held as a witness against the latter it was said.

"Banner Pinch."

Trials for the men made defendants for alleged violations of the liquor laws were set for hearing on different dates. Cellant's case was set for Wednesday, while those of Alby, Cline, Biddle, Kalusa and Matyevich were set for Thursday, the day following. Ballou and Niespodziany will face trial Saturday.

The banner "pinch," according to members of the police department, was that of Alby, alleged proprietor of the "sawing in the Magyar hall," on S. Chapin st. The place has been under the surveillance of the police

for some time but previous raids had been for the most part unsuccessful. The police were able to secure only a small quantity of "moon" whiskey, but in addition several empty whiskey bottles, smelling of liquor, were seized as evidence.

Taking the Tip!

That the people of South Bend were heeding the request to mail Christmas packages early was evident Monday morning in the large number of packages received at the local postoffice. Postmaster Hunter has issued warnings repeatedly, stating that the early mailing of packages would lighten greatly the burden that falls on the postoffice department at this season of the year, and would make possible the delivery of all mail before Christmas. Gratification was expressed at the response evidenced.

FIRE RISK VERY LOW.

Due to Elaborated Fire-Resisting Roofs, the fire risk on a great many homes in South Bend is very low. Heretofore, this time of the year has been one of roof fires, there having been as high as 11 in one day. It will pay you to call one Elaborated Roofing Co., 107 W. Division st., Main 2493. 24vt

High grade factory blenish shoes, of all standard makes, \$1.95 and up at the U. S. Army Store, 339 S. Mich. st. 342-tf

A GOOD GROCER IS YOUR BEST GUARANTEE

Store Hours: 8:30 A. M. to 6 P. M.; Saturday 9:30 P. M.

CHARLES B. SAX & COMPANY

South Michigan Street, Near Washington Avenue

The Christmas Store

Of Practical Gifts

Many Pleasing Gifts Can Be Found Among These

Now

is the Best Time to Select Practical Christmas Gifts

Now early shoppers will find fresh stocks and full assortments, quick and careful service and unhurried opportunity for selection. Not possible in the last days before Christmas. Favored gifts and attractive novelties are listed here at early shopping prices.

Towel Sets

Turkish Towel Sets, including fancy towel and two wash cloths at \$1.00 and \$1.25

The Housewife

Would Like a Pair of these beautiful scalloped embroidered Pillow Cases, a pair in a box at \$2.00

Holiday Ribbons

Particularly beautiful are these ribbons of brocade, satin and taffeta. They make lovely inexpensive gifts.

Hair Bow Ribbons, moire with self and contrasting satin edge at, yard . . . 50c

Beautiful Satin Ribbon, excellent quality, in plain colors: 6-inch at 85c; 8 1/2-inch at . . . \$1.00

Handsome Brocade Ribbons in plain colors, excellent quality, 10 inches wide at, yard . . . \$1.25

Fancy Brocade Ribbon in floral designs, rich heavy quality, 10 inches wide at, yard . . . \$2.50

Ribbons for tying packages, holly and red and gold, 5 yard bolt . . . 15c

A Gift Made by Your Own Hands

Will Be Greatly Appreciated

Many beautiful knitted garments can be made from these fine yarns. It's none to soon to begin now.

Saxony yarns for knitting infants' garments in light blue and pink, ball . . . 29c

Fleisher's best zephyr knitting yarns in black, white and colors, ball . . . 35c

Fleisher's yarn, large hank in black, white and colors, hank . . . 75c

Silky Worchester, Lamma Wool and Radio Shetland yarns in black and white and a big assortment of light and dark shades at, ball . . . 48c

Sunlight knitting yarns, large hanks in black, white and colors, special, hank at . . . 55c

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You can feel this take hold of a cough in a way that means business. It loosens and raises the phlegm, stops throat tickle and soothes and heals the irritated membranes that line the throat and bronchial tubes with such promptness, ease and certainty that it is really astonishing. Pinex is a special and highly concentrated compound of genuine Norway pine extract, and is probably the best known means of overcoming severe coughs, throat and chest colds. There are many worthless imitations of this mixture. To avoid disappointment, ask for 2 1/2 ounces of Pinex with full directions and don't accept anything else. Guaranteed to give absolute satisfaction or money promptly refunded. The Pinex Co., Ft. Wayne, Ind.

PORTAGE HEIGHTS KNOWN.

For its fine homes, drives and pleasant views. One of the finest homes in Portage Heights is offered for sale. This bungalow has 5 large well lighted rooms—living room 13x20 with fire place, built in book cases; dining room with built in buffet; two bedrooms with closets; kitchen, linen closet, hot water plant, oak floor, corner lot 132x600. Call Hastings, L-4440. 342-tf

FOR HIS CHRISTMAS GIFT.

Regular \$2 carton cigarettes, \$1.65. Engel's. 338-tf

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